



## LET'S TALK ABOUT...

### WHY WE LOVE FISH

**Reason #2469...** Women who consume two or more servings of fish per week may be 20 percent less likely to develop age-related hearing loss, reports the *American Journal of Clinical Nutrition*. A regular dose of the omega-3 fats found in fillets may help maintain adequate blood flow to the ear, which protects against damage, says study author and epidemiologist Dr Sharon Curhan. Salmon, sardines, tuna and yellowtail are all omega-3 rich.

## STEEP WHILE YOU SLEEP

The hottest thing in coffee right now isn't hot at all: it's cold, bru. Forget a regular cuppa on the rocks, **this super-popular and trending version is steeped overnight, then strained for a much smoother taste.**

To brew up your own batch: mix half a cup each of ground medium and dark-roast beans in a French press. Add three cups of water and the seeds from half a vanilla pod. Cover and leave it at room temperature for up to 20 hours. Press coffee and pour concentrate into an airtight container, then refrigerate for up to two weeks.

**No time to make your own? Order a Cove Coffee Cold Brew (from R25 per 200ml), CoveCoffee.co.za**

## A FAIR TRADE

**Theory:** the easiest way to get over a break-up is to find a drool-worthy rebound. That tactic might also work for food, according to a study in the *Journal of Consumer Research*. People were able to move on from their go-to treat when they ate a similar-tasting (but healthier) alternative. Because you're enjoying a comparable flavour, you don't feel deprived. Here, some delicious stand-ins for common cravings:

### FRUITY ICE CREAM

Frozen grapes, mango or banana.

### CHOCOLATE BARS

Dates stuffed with creamy peanut butter and dark chocolate.

### PRETZELS OR CHIPS

Veggie chips or roasted chickpeas.

### SLAP CHIPS

Baked baby-marrows chips.



## In The Bag

Just got your stew to a boil and the power goes off? Don't despair! The Wonderbag is a handy, proudly SA invention that can slow cook your food for up to 12 hours - without electricity. Simply place your dish in the bag and let it do its thing.

R399, Yuppichef.com